



2025 SUMMER SCHOOL PROGRAM

20 January – 31 January 2025

*Two weeks of workshops, lectures, demonstrations,
physical activity and excursions*

*U3A Nunawading Inc. is a wholly volunteer, not-for-profit organisation,
supporting positive ageing by providing opportunities for learning, exercise, and
social interaction for retired and semi-retired members of the community.*

U3A Nunawading Inc.
ABN 13 738 482 624
Reg. No. AOO21951Z

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IMPORTANT INFORMATION

Many classes have waitlists, so please do not enrol in a class unless you expect to attend most of the sessions.

Fees: Attendance at Summer School is covered by your 2024 Membership fee. The only costs are for class materials or excursion entry tickets as outlined in individual class descriptions. The 2024 Membership Fee for returning and new members is \$60.

Acceptance into Classes: If you are on a waitlist for a Summer School class and a vacancy occurs, you will be contacted by email (or phone if you do not have email). **Please do not attend a class unless you are advised that you have been accepted into that class.**

Attendance: Summer School classes are very popular, so **please do not enrol in a class unless you expect to attend.** If you are going to be absent, please let us know by emailing admin@u3anunawading.org.au or telephoning the office on **9878 3898**. Please ensure you arrive at least five minutes before the start of your class, and wear your U3A Name tag.

Withdrawal from Class: If you decide to withdraw from a Summer School class, you may request this online via the U3A website once you've logged in to your Enrolments at u3anunawading.org.au/members/ Alternatively, you may complete an Orange Form, available from the reception desk, or email courseadmin@u3anunawading.org.au

Physical Activity Classes: Members are solely responsible for their own level of participation in any exercise class or activity. If in doubt, members should consult their health professional prior to joining the class. Classes may be cancelled or modified in accordance with our Heat Policy which is found on our website under u3anunawading.org.au/about-us/constitution-policies-forms/

About U3A Nunawading Inc.

U3A Nunawading Inc. is governed by its Constitution and Policies, which are applicable to all members. These documents are available on our website at u3anunawading.org.au/about-us/constitution-policies-forms/ . The material presented in Classes is at the discretion of the Class Leader and does not necessarily reflect the views of U3A Nunawading Inc. No one working at U3A Nunawading is paid. Please consider sharing your skills and knowledge to assist in its operation.

Volunteering opportunities include Reception, Social Committee, e-News and Website support, and Committee of Management. See the Volunteering Section of this booklet for more details. If you would like to volunteer simply enter the appropriate Volunteer code when you enrol or on the New Member or Re-enrolment form or ask at Reception.

Monday January 20, 2025

25SS2001: Taiji In The Park

Dates: 20/01/2025 - 24/01/2025

Location: Nunawading Community Hub

Short Course

Mon 9:00am - 9:45am

Leader: Frank Chai

No need to enrol for this class - just turn up on the day. The class will be held on the lawn area outside the Hub Kitchen, and will run each morning from Monday 20th January to Friday 24th January. A program of Qigong, Yang Family and Yang Style Taiji short forms to start the day feeling calm, relaxed and energised. Suitable for anyone who is interested in finding out more about Qigong and Taiji, and for those who are familiar with both, and would appreciate the opportunity to practice in a group and perhaps learn something new. The program may include the following forms: Qigong: Ba Duan Jin; Dao Yin Yang Sheng Shi Er Fa; Lotus Taiji: Yang Family Long Form Part 1, Yang Simplified (24) Form, Yang Family Senior (26) Form. Please note that the above list of forms is only proposed and may change on the day.

25SS2003: Life and Music of Paul Simon

Dates: 20/01/2025 - 20/01/2025

Location: Meeting Room 4 NCH

One Day

Mon 9:30am - 11:30am

Leader: Ivan Glynn

Paul Simon is a musician whose songs Ivan has enjoyed ever since he first heard "I Am a Rock" in the 1960s. This class will provide you with the opportunity to learn about Paul Simon's life, his collaboration with Art Garfunkel and the directions he has taken as a solo performer since the 1980s.

25SS2005: Japan through my Lens

Dates: 20/01/2025 - 20/01/2025

Location: Meeting Room 5 NCH

One Day

Mon 9:30am - 11:00am

Leader: Neil Reid

Neil is a photographer with family in Japan. His insightful photos show Japanese life and culture beyond the usual tourist 'insta shots'. From city bright lights to rural Japan see Neil's take on the familiar and the unfamiliar and get bonus travel tips galore.

25SS2007: A European Watercolour Diary

Dates: 20/01/2025 - 20/01/2025

Location: Studio 3 NCH

One Day

Mon 10:00am - 11:30am

Guest Leader

Guest Leader Malcolm Buley will take you on a photographic armchair tour through Britain, France, Germany and Italy searching for memorable scenes suitable for a watercolour sketchbook or visual diary. If completed during your holiday such a sketchbook will help you experience again that holiday feeling in a way a camera cannot. This session will demonstrate the creation and advantages of a watercolour diary.

25SS2009: Introduction to Drawing (4 Sessions)**Short Course****Dates: 20/01/2025 - 23/01/2025****Mon 10:00am - 12:00noon****Location: Studio 4 NCH****Guest Leader**

Guest Leader Brian Martin. NB: this is a four day course. Participants must be prepared attend all four sessions. This course covers how artists use drawing in their art practice either as an art medium in itself or as a planning aid in the creation of works in a variety of mediums. Even though this is not a skill building course, participants will undertake some basic drawing exercises by applying methods found the publication "Drawing from the Right Side of the Brain" by Betty Edwards. As the course is sequential, participants are required to attend all four sessions including: - Drawing media and techniques and overcoming the "drawing mental block". - Positive and negative space, drawing simple shapes - Perspective, scale and measuring. Creating illusion and depth. - Figurative drawing, self-portrait techniques and accurate representation.

Prerequisites: No experience necessary Course materials: Participants are required to purchase/bring HB and 2B pencils, pencil eraser, A4 size drawing pad and a small free-standing mirror (e.g - IKEA "Trensum" Mirror - \$7)

25SS2010: Decorate an Indoor Planter Pot**One Day****Dates: 20/01/2025 - 20/01/2025****Mon 10:00am - 12:00noon****Location: Studio 8 NCH****Guest Leader**

Guest Leaders Jenny Aiken and Isabel Hose from the Decoupage Guild Australia will show you how to add a touch of glamour to any décor with a decorated indoor planter. WHAT A UNIQUE GIFT!

There will be a \$10.00 charge payable to the leaders on the day for a Kit. The Complete Kit will include: instruction leaflet, prepared planter pot ready to decorate, several different designs to choose from, PVA glue, brush and accessories.

25SS2011: Dying with Dignity in Victoria**One Day****Dates: 20/01/2025 - 20/01/2025****Mon 10:30am - 11:30am****Location: Studio 2 NCH****Guest Leader**

Guest Leader Jane Morris. What is Voluntary Assisted Dying Legislation? Who is eligible to access it? What are the eligibility criteria? What is the process? Why are people opposed to the process? Where else in Australia is it legal? What has Victoria found after 5 years of VAD operation? This session will answer these questions. Advance Care Directives and the appointment of a Medical Treatment Decision Maker will also be discussed. There will be an opportunity for questions.

25SS2013: Cooking: Chinese Red Bean Puff Pastry**One Day****Dates: 20/01/2025 - 20/01/2025****Mon 11:00am - 12:30pm****Location: Kitchen NCH****Guest Leader**

Guest Leader Shu Hung. Chinese puff pastry with red bean paste(Hong Dou Su) is a very popular Chinese dessert. Chinese puff pastry is different from the normal pastry that you buy from the supermarkets. This pastry is made up of a water dough and an oil dough. The oil dough is wrapped inside the water dough to create a layered crispy skin. This class demonstrates the technique to make flaky, light pastry from scratch.

Members are asked to make a gold coin donation for this class, payable to the leader on the day.

25SS2021: The National Trust of Victoria

One Day

Dates: 20/01/2025 - 20/01/2025

Mon 12:30pm - 2:00pm

Location: Studio 2 NCH

Guest Leader

Guest Leader Kate Drummond. The National Trust of Australia (Victoria) is a community based, non-government organization committed to promoting and conserving Australia's indigenous, natural and historic heritage places of cultural significance in Victoria. It was founded in 1956. The Victorian National Trust manages 38 properties in the state. There are 24 National Trust properties regularly open to the public. Kate Drummond is the Volunteer Manager at the Victorian National Trust and she will talk about many of the Trust's properties during her presentation.

25SS2023: Get on Board with Metro Trains

One Day

Dates: 20/01/2025 - 20/01/2025

Mon 1:00pm - 2:00pm

Location: Studio 6 NCH

Guest Leader

Guest Leader Matt Allen. During this session, Matt Allen from Metro Trains will cover a number of topics particularly relevant to senior travellers including: - Myki purchase, use and top up. - Journey planning, websites, apps and other technology around timetables. - Finding help/support on and off the train. - Staying safe - Assisted boarding - Traveller's Aid

25SS2025: Yarran Dheran Nature Reserve

One Day

Dates: 20/01/2025 - 20/01/2025

Mon 1:00pm - 2:00pm

Location: Studio 3 NCH

Guest Leader

Guest Leader Gay Gallagher. Yarran Dheran is a bushland reserve situated along the Mullum Mullum Creek in the north eastern corner of Whitehorse. It forms part of the environmentally significant Mullum Mullum Valley and is a mixture of remnant indigenous and reconstructed bushland. Gay Gallagher is the Secretary of the Yarran Dheran Advisory Committee, a role she has held since 2002. Her talk will be about how the committee works with the City of Whitehorse in the ongoing management of the Yarran Dheran Nature Reserve.

25SS2027: Movie Afternoon: High Society

One Day

Dates: 20/01/2025 - 20/01/2025

Mon 1:00pm - 2:40pm

Location: Meeting Room 5 NCH

Leader: Athalie Edis

Heiress Tracey Lord (Grace Kelly) is engaged to one man, attracted to another (Frank Sinatra) and just maybe in love again with her ex- husband (Bing Crosby). Enjoy this effervescent musical featuring an endlessly delightful Cole Porter score.

25SS2029: Cooking: Sri Lankan Dishes

One Day

Dates: 20/01/2025 - 20/01/2025

Mon 1:30pm - 3:00pm

Location: Kitchen NCH

Guest Leader

Guest Leader Winston Furlong. Sri Lankan fish balls, flavoured and not usually too spicy (i.e chilli hot), are easy to make and are served as snacks. They are usually very popular with adults and children. Coconuts, as coconut milk or as shredded coconut, are much used in Sri Lanka. Winston will talk about, and demonstrate, some ways of making sambals with shredded coconut. He will also demonstrate several ways coconut milk is used in Sri Lankan cooking, particularly 'milk rice', which is eaten during celebratory occasions such as New Year's Eve.

There is a cost of \$10 per person for this class, payable to the leader on the day (Cash only).

Tuesday January 21, 2025

25SS2101: Cryptic Crosswords

Dates: 21/01/2025 - 21/01/2025

Location: Studio 3 NCH

One Day

Tue 9:30am - 11:00am

Leader: Ivan Glynn

Have you ever thought about learning how to solve cryptic crosswords but never got around to doing so? This class will provide you with sufficient information about how cryptic crosswords are put together in order to enable you to get started.

25SS2103: The Day the Music Died or Did it?

Dates: 21/01/2025 - 21/01/2025

Location: Meeting Room 4 NCH

One Day

Tue 9:30am - 11:30am

Leader: Martin Roulston

The Day the Music Died (or did it?) - a look at the development of popular music from the 50's to the early 70's. The focus will be on the innovators who were the most influential - Elvis, Chuck Berry, Buddy Holly, The Beatles, Rolling Stones, The Who, The Kinks, Jimi Hendrix, Blues rock of the late 60's, Elton John, Queen, Bowie and plenty more if time permits.

25SS2105: Ancient Egyptian History: Valley of the Queens

Dates: 21/01/2025 - 21/01/2025

Location: Meeting Room 5 NCH

One Day

Tue 9:30am - 11:30am

Leader: Joan Kelleher

The Valley of the Queens was originally known as Ta-Set-Neferu, which has a double meaning of "The Place of Beauty" and/or "the Place of the Royal Children". Over 90 tombs of Queens, princesses and princes from 17th - 20th dynasties (a period of over 500 years) have been found in the Valley. We will explore some of these fantastic tombs.

25SS2109: Stitching with Felt

Dates: 21/01/2025 - 21/01/2025

Location: Meeting Room 2 NCH

One Day

Tue 10:00am - 12:00noon

Leader: Leonie Clyne

Using felt oddments we will stitch small items -eg bird brooch, pin cushion, needle case card holder. Felt oddments, thread, patterns and freezer paper will be provided. Requirements: any felt oddments you have and a sewing kit.

25SS2111: Make Your Third Act Fulfilling.

Dates: 21/01/2025 - 21/01/2025

Location: Studio 6 NCH

One Day

Tue 10:00am - 12:30pm

Guest Leader

Guest Leader. Jacquie Wise. Recapture your drive and enthusiasm for life with proven ways to avoid burnout, build resilience and resolve, promote inner calm and enhance wellbeing. Plan for a retirement full of fun, fulfilment and purpose. Jacquie will answer questions and engage in lively discussion with you.

25SS2113: History and Philosophy of Science.

One Day

Dates: 21/01/2025 - 21/01/2025

Tue 10:00am - 11:30am

Location: Studio 5 NCH

Leader: David Bednall

Trillions of galaxies, RNA vaccines, quantum computers, genetic engineering, artificial intelligence. We'll talk about these astonishing discoveries. But what is their history? What exactly is scientific knowledge? How does science fit into society or with religion? What are the many, usually unacknowledged, contributions of women scientists? The focus here is on ideas. No science or maths background required.

25SS2115: Stroke Awareness & Summer Heat

One Day

Dates: 21/01/2025 - 21/01/2025

Tue 10:30am - 12:00noon

Location: Studio 2 NCH

Guest Leader

This session is to be delivered by an Advanced Life Support Paramedic from Ambulance Victoria. "Act F.A.S.T Saves Lives" - This presentation addresses stroke, the signs and symptoms of stroke and what to do in an emergency. It covers risk factors and practical ways that participants can improve their health to prevent stroke. "Summer Heat Health" - This presentation covers how to best look after yourself and your loved ones in the warmer weather

25SS2117: Walk with Care

One Day

Dates: 21/01/2025 - 21/01/2025

Tue 11:00am - 12:00noon

Location: Studio 8 NCH

Guest Leader

Guest Leader: Nancye Gardner. Pedestrian Safety Session This is a road safety awareness presentation for older pedestrians. The presentation will cover the benefits of walking, how age related changes affect safety, pedestrian trauma, wearing appropriate clothing, the importance of being seen, where to walk and what to look for, know your walk route and where to get more information.

25SS2119: Cooking: Lettuce Delight San Choy Bow

One Day

Dates: 21/01/2025 - 21/01/2025

Tue 11:00am - 12:30pm

Location: Kitchen NCH

Guest Leader

Guest Presenter Andy Tan. Quick and easy to make, San Choy Bow is fresh, crunchy and delicious and is all wrapped up like a present. In this cooking demonstration Andy will use pork mince, Chinese sausage & shrimps to make San Choy Bow. Chicken mince or firm tofu (vegetarian) can be used instead for variation.

There is a cost of \$5 per person for this class, payable to the leader on the day.

25SS2121: Safe Driver

One Day

Dates: 21/01/2025 - 21/01/2025

Tue 12:30pm - 1:30pm

Location: Studio 8 NCH

Guest Leader

Guest Presenter Nancye Gardner. A one hour road safety awareness presentation for older drivers. The presentation covers information including how to keep older drivers safe and mobile, updated road rules, impacts on medical conditions, medications, disability and strategies for safe mobility.

25SS2123: Movie Afternoon: A Midsummer Night's Dream

One Day

Dates: 21/01/2025 - 21/01/2025

Tue 1:00pm - 3:00pm

Location: Meeting Room 5 NCH

Leader: Athalie Edis

Michelle Pfeiffer and Kevin Kline bring Shakespeare's most romantic comedy to life. When two pairs of star crossed lovers, a troop of inept amateur actors, a feuding pair of supernatural sprites and a love potion gone awry all come together in an enchanted moonlit forest, the result is an unequalled mixture of merriment and magic.

25SS2125: Sing along for Fun

One Day

Dates: 21/01/2025 - 21/01/2025

Tue 1:00pm - 2:20pm

Location: Studio 6 NCH

Leader: Mary Moore

Remember all those fun songs from your younger days? Come along and enjoy a happy, no pressure sing a long. Silly songs, songs from musicals and popular songs of the day will be part of the fun.

25SS2127: Making Bak Kwa (Pork Jerky)

One Day

Dates: 21/01/2025 - 21/01/2025

Tue 1:00pm - 3:30pm

Location: Kitchen NCH

Guest Leader

Guest Presenter Albert Tay. Making Bak Kwa (Pork Jerky) for Chinese New Year. Who wouldn't enjoy the perfect balance of smoky, sweet and umami of Bak Kwa, the popular SE Asian snack? Is it any wonder that Bak Kwa is a beloved treat at all times including Chinese New Year festival? Explore the techniques behind making Bak Kwa, in this session. After the session you will have the skills and confidence to create your own batch of bak kwa, impressing friends and family with this flavoursome treat, all at a fraction of store prices. Ps. Recipes with Albert's improvisations will be given

Gold Coin donation to cover the cost of ingredients.

Wednesday January 22, 2025

25SS2201: Osteoarthritis and Joint Health

One Day

Dates: 22/01/2025 - 22/01/2025

Wed 9:30am - 10:30am

Location: Studio 2 NCH

Guest Leader

Guest Presenters Evangeline Mouratidis and Matthew Russ. Best management of Osteoarthritis (Run by a Physiotherapist) + Diet and Joint Health-is there a connection? (Run by an Accredited Practising Dietitian)

25SS2203: All about Jupiter and Its Moons

One Day

Dates: 22/01/2025 - 22/01/2025

Wed 9:30am - 11:30am

Location: Meeting Room 4 NCH

Leader: Martin Roulston

This session will be all about Jupiter and its moons. Martin will look at the history and explore ancient beliefs from Galileo to NASA's many missions.

25SS2205: Silver items in Ancient Egypt

One Day

Dates: 22/01/2025 - 22/01/2025

Wed 9:30am - 11:30am

Location: Meeting Room 5 NCH

Leader: Joan Kelleher

In Ancient Egypt, silver was considered the most precious metal because it was rarer than gold. Silver jewelry was often used as a symbol of wealth, power, and status, and it was worn by both men and women. There are even coffins made of silver.

25SS2209: Nature and the History of Melbourne

One Day

Dates: 22/01/2025 - 22/01/2025

Wed 10:30am - 12:00noon

Location: Studio 6 NCH

Guest Leader

Guest Presenter Dr Gary Presland. There are many aspects of the history of Melbourne that are a function of the natural history of the area. Dr Presland will detail the natural landscapes of the Port Phillip area and show how they exerted an influence, in a range of ways, on the development of the city.

25SS2211: Governor LaTrobe's House and Garden

One Day

Dates: 22/01/2025 - 22/01/2025

Wed 10:30am - 12:00noon

Location: Studio 3 NCH

Guest Leader

Guest Presenter Helen Botham. Most Victorians are not aware that our first Lieutenant Governor, Charles Joseph LaTrobe, developed a beautiful garden around his 12.5 acre Jolimont estate during the nearly 15 years he spent in Victoria. His home and garden became an oasis for him and his family in this foreign land. After La Trobe returned to Europe in 1854, his estate was subdivided. The cottage remained until 1964. Its story, leading to its ownership by the National Trust, will be revealed by Helen. Helen Botham has carried out research into the history of the garden for the National Trust and the Australian Garden History Society and was a researcher and contributor to the Oxford Companion to Australian Gardens. A member of the La Trobe Society, and founding chair of the Friends of La Trobe's Cottage, she now coordinates the La Trobe Cottage garden volunteer group. Helen is a published author of the book, 'La Trobe's Jolimont-A Walk Around My Garden', published in 2006.

25SS2213: Cooking: Coconut Tarts

One Day

Dates: 22/01/2025 - 22/01/2025

Wed 9:00am - 11:30am

Location: Kitchen NCH

Guest Leader

Guest Presenter Vivian Tang. Learn how to make delicious little coconut tarts made with a melt in your mouth texture pastry case, filled with a kind of sticky sweet coconut filling.

There is a cost of \$7 per person for this class, payable to the leader on the day (Cash only).

25SS2219: Lawn Bowls: Introduction

Short Course over 2 days

Dates: 22/01/2025 & 29/01/2025

None, Wed 1:00pm - 3:00pm

Location: Blackburn North Bowling Club

Leader: John Blasetti

Lawn Bowls is the royal and ancient outdoor/indoor game of skill and fellowship. This class is an entry level program for both the novice and the lapsed bowler. Accredited coaches will introduce students to the basics of the game. Each session will include theory and hands-on practice, on the following topics: 1. Terminology, rules and etiquette 2. The bio-mechanics of delivering a bowl 3. Tactical considerations 4. Formats of play - Singles, Pairs, Triples and Pennant

The Blackburn North Bowling Club will provide all necessary equipment. Participants are required to wear flat-soled footwear (runners / trainers) or go barefoot. NOTE: VENUE: Blackburn North Bowling Club. 93 Springfield Road (opposite Blackburn High School - access to parking and entry via Heppner Street)

25SS2221: Movie Afternoon: Wuthering Heights

One Day

Dates: 22/01/2025 - 22/01/2025

Wed 1:00pm - 2:50pm

Location: Meeting Room 5 NCH

Leader: Athalie Edis

Juliet Binoche and Ralph Fiennes star in Emily Bronte's immortal classic story of star-crossed lovers, Heathcliff and Cathy.

25SS2223: Who am I?

One Day

Dates: 22/01/2025 - 22/01/2025

Wed 1:15pm - 2:15pm

Location: Studio 8 NCH

Guest Leader

Guest Leader Liz Hooper. A fun game to enhance everyone's learning! Each participant must bring a profile of a significant person about whom most other participants are likely to have heard. You must be able to answer, in one word, up to 5 questions about this person - eg, year and place of birth, male / female, dead or alive, field of expertise / significance, ethnicity. Rules of the game will be explained on the day.

25SS2225: Trivia Quiz

One Day

Dates: 22/01/2025 - 22/01/2025

Wed 1:30pm - 3:30pm

Location: Studio 6 NCH

Leader: Karen Postill

Roll up! Roll up! Armchair competition and fun for one and all! There will be prizes for the best group, so get cracking and make up a table of 4, either beforehand or on arrival.

25SS2227: History of Gardiners Creek

Dates: 22/01/2025 - 22/01/2025

Location: Meeting Room 4 NCH

One Day

Wed 1:30pm - 3:00pm

Guest Leader

Guest Presenter Dr Gary Presland Of all the many streams in the Melbourne area, Gardiners Creek has perhaps the most interesting history. It was an important feature for the pre-contact Indigenous clans of this area, and it has been used for a number of purposes since European settlement. As Dr Presland will show, anything that could be done to a creek, has been done to Kooyong Koot.

25SS2229: Cooking: Coffee Scroll Biscuits

Dates: 22/01/2025 - 22/01/2025

Location: Kitchen NCH

One Day

Wed 1:00pm - 2:30pm

Guest Leader

Guest Presenter Rupa Thakkar. A demonstration of how to make coffee scroll biscuits without coffee. These are lovely to have with a cup of coffee.

Members are asked to make a gold coin donation for this class, payable to the leader on the day.

Thursday January 23, 2025

25SS2301: Floristry

Dates: 23/01/2025 - 23/01/2025

Location: Pottery Studio NCH

One Day

Thu 10:00am - 11:00am

Guest Leader

Guest Presenter Isabella Liccardi. A presentation including demonstrations about floristry. Spend wisely on flowers. Make the most of your vases. Little tricks to add personal touches in arrangements using fillers, twigs, grasses etc.

25SS2303: Therapeutic Movement

Dates: 23/01/2025 - 23/01/2025

Location: Studio 6 NCH

One Day

Thu 10:00am - 11:00am

Guest Leader

Guest Presenter Mei Mei Chow. A fun, supportive experience focusing on simple, gentle movements to discover the joy of movement within your mind, body and soul. Completely supported, you are seated in a chair or standing - no matwork, making it accessible for all experience levels and abilities. Play-based movement supports body and mind coordination, whilst encouraging social connections. Join us and discover how small movements can make big changes. Just bring your amazing self and water.

25SS2305: How the Five Elements Relate to Our Body

Dates: 23/01/2025 - 23/01/2025

Location: Meeting Room 2 NCH

One Day

Thu 10:00am - 12:00noon

Leader: Lan Tiet

This session introduces the relationship between our body and the five elements - wood, fire, earth, water and metal. Yin and Yang will be discussed along with the relationship of the internal organs with colour, food etc.

25SS2307: Cooking: Spinach & Smoked Salmon Dips

One Day

Dates: 23/01/2025 - 23/01/2025

Thu 11:00am - 12:00noon

Location: Kitchen NCH

Guest Leader

Guest Leader Pauline Wetherall. This demonstration will show you how to make 2 delicious dips: - A Spinach Dip, presented in a Cob Loaf, with crispy bread pieces for dipping - A Hot Smoked Salmon Dip, presented in a bowl, with a variety of biscuits for dipping

Members are asked to make a gold coin donation for this class, payable to the leader on the day.

25SS2321: Estate Planning

One Day

Dates: 23/01/2025 - 23/01/2025

Thu 1:00pm - 2:30pm

Location: Studio 2 NCH

Guest Leader

We will be joined by guest speaker Julie Chambers who is the Practice Group Leader of the Wills, Estates and Probate department at Robinson Gill Lawyers in Box Hill. Julie's presentation on Estate Planning will outline tips on how best to implement Will structures to protect and distribute your assets. She will also discuss the Powers of Attorney that are available in Victoria. Following Julie's presentation there will be plenty of time for questions. If you wish, you can submit your question beforehand by emailing it to VicePresident@u3anunawading.org.au.

25SS2323: Movie Afternoon: Under Milkwood

One Day

Dates: 23/01/2025 - 23/01/2025

Thu 1:00pm - 3:00pm

Location: Meeting Room 5 NCH

Leader: Athalie Edis

Dylan Thomas only wrote one play. Enjoy this film adaptation of that famous Welsh classic starring Richard Burton and Elizabeth Taylor. It is funny, beautiful and completely timeless. It's a peculiar story of a day in the life of a small Welsh fishing village.

25SS2325: Weather, Captain Cook and the Endeavour

One Day

Dates: 23/01/2025 - 23/01/2025

Thu 1:30pm - 2:30pm

Location: Meeting Room 4 NCH

Leader: Terry Hart

What was the weather like for Captain Cook and the Endeavour crew in the voyage along Australia's east coast? The ship's log from the Endeavour and the diaries of Cook, Banks and other crew members contain a lot of information about the weather they encountered along with the descriptions of the country and their encounters with its inhabitants. The records reveal the character of the various crew members and the dramas of the voyage. This talk will describe some significant weather events in the voyage from New Zealand and along the east coast of New Holland and how the weather, wind and currents affected the voyage. In some cases, it is possible to reconstruct a typical weather map.

25SS2327: Understanding the Rhythm of Music

One Day

Dates: 23/01/2025 - 23/01/2025

Thu 1:30pm - 3:00pm

Location: Meeting Room 2 NCH

Leader: Lan Tiet

In this session of listening to music you will learn to distinguish the various types of music such as the waltz, chacha, tango etc. Participants will enjoy basic body movement as the body flows with the rhythm of the music.

Friday January 24, 2025

25SS2401: Partner Yoga followed by Social Coffee

Dates: 24/01/2025 - 24/01/2025

Location: Studio 2 NCH

One Day

Fri 10:00am - 11:30am

Leader: Carola Lehmer

Partner yoga is a practice where two people support each other in Yoga poses in a way that enhances posture and builds trust and communication. This course is ideal for anyone interested in enhancing their yoga practice through shared experiences. No prior yoga experience is required. We do move up and down from the floor, so consider your ability to participate before enrolling. Bring an open mind, playfulness and a willingness to connect. Wear comfortable clothing, and bring a yoga mat and a water bottle.

25SS2403: Drawing with Charcoal - Workshop

Dates: 24/01/2025 - 24/01/2025

Location: Studio 9 NCH

One Day

Fri 10:00am - 2:30pm

Guest Leader

Guest Presenter. Keith MacDonald. Charcoal drawing is a deeply satisfying medium. It could be because it is so quick to complete, with immediate results, or that the final look is so impressive. Either way, people love charcoals. Even the great Michelangelo and more recently Degas, created a collection of charcoal drawings. No previous experience is required for this workshop. Bring along any image, whether abstract or realistic, to help you get started.

Drawing materials (charcoal and paper) will be supplied at a cost of \$10 and can be given to Keith on the day.

25SS2405: Negative Watercolour Class

Dates: 24/01/2025 - 24/01/2025

Location: Studio 8 NCH

One Day

Fri 10:00am - 12:00noon

Guest Leader

Guest Presenter. Cheryl Stanner. Negative painting is a technique where you paint around the subject rather than on the subject. Some watercolour experience is required. Please bring to the class watercolour paints (basic colour set), good quality watercolour brushes, 300 gsm watercolour paper (rough), masking tape and a hairdryer.

25SS2407: Equip4Life Healthy Ageing

Dates: 24/01/2025 - 24/01/2025

Location: Studio 4 NCH

One Day

Fri 10:30am - 11:30am

Guest Leader

Guest Presenter Carly Smith. Equip4Life run a Healthy Ageing and Wellness Seminar, which is an education seminar covering various hints, tips and techniques around living a healthy lifestyle. This includes information on the most effective exercises for maximum health benefits, effective weight loss, how to reduce blood glucose, blood pressure and cholesterol, how to accurately analyse food nutrition such as fibre, fats and sugars, and much more. There is a free follow up course available for any interested members.

25SS2409: Meatless Monday Recipes

Dates: 24/01/2025 - 24/01/2025

Location: Kitchen NCH

One Day

Fri 10:30am - 12:00noon

Guest Leader

Guest Presenter. Jenny Semple. This cooking demonstration is for anyone who would like to increase their repertoire of vegetarian dishes. Two recipes will be presented - 'Cauliflower and Lentil Parmigiana' and 'Loaded Roasted Sweet potato with Spiced Chickpeas'.

Cost: \$2.00 to cover cost of ingredients.

25SS2421: First Nations Life and Culture

One Day

Dates: 24/01/2025 - 24/01/2025

Fri 12:30pm - 2:00pm

Location: Meeting Room 4 NCH

Guest Leader

Guest Presenter. Gary Presland. At the time of European settlement, the Indigenous residents of the Nunawading area were part of the Kulin Nation. Dr Presland will explain the connections between the local clans and language groups that made up the Kulin. He will detail the connections these people had to their country and how these people cared for and managed their land.

25SS2423: Navigating Aged Care Retirement Village

One Day

Dates: 24/01/2025 - 24/01/2025

Fri 1:00pm - 2:00pm

Location: Studio 2 NCH

Guest Leader

Guest Presenter. Kelly Brown. The legal framework and key considerations for aged care and retirement villages in Victoria will be addressed in this session. Items discussed will include: A guide to the various legal structures for villages; Legal compliance and disclosure obligations; Risks and how to mitigate them; Obligations, rights, and protections for residents, and An overview of the conveyancing process for buying and selling. Our Guest Presenter will be Kelly Brown, who is a lawyer in the Property, Wills and Estates Team at Robinson Gill.

25SS2425: Yupo Paper Painting

One Day

Dates: 24/01/2025 - 24/01/2025

Fri 1:00pm - 2:30pm

Location: Studio 8 NCH

Guest Leader

Guest Presenter. Cheryl Stanner. Yupo Paper is a type of synthetic paper, recyclable and plant free. We will spend time exploring the different effects that can be achieved, using watercolour, alcohol inks and pens. Yupo paper will be supplied by Cheryl at a cost of \$5 which can be paid to her on the day of the class.

Please bring: watercolour brushes, eye dropper, straws, water container and watercolour paints.

25SS2427: Hair Cutting for Beginners

One Day

Dates: 24/01/2025 - 24/01/2025

Fri 1:30pm - 3:00pm

Location: Studio 3 NCH

Guest Leader

Guest Presenter. Josephine Wong. Have you ever wanted to cut hair? In this session you will acquire knowledge of how to cut male hair. The technique of basic hair styling will be demonstrated.

25SS2429: Persian Traditional Dish

One Day

Dates: 24/01/2025 - 24/01/2025

Fri 1:00pm - 2:30pm

Location: Kitchen NCH

Guest Leader

Guest Presenter Mitra Mansoon. Learn how to make this local Iranian dish. It is very delicious, has very aromatic spices and can be cooked for a large dinner party.

Gold coin donation to Leader on the day.

Excursions

25SS2801: Excursion: Seaworks Williamstown

One Day

Dates: 28/01/2025 - 28/01/2025

Tue 10:30am - 12:00noon

Fee: \$5.00

Leader: Maria Ryan

Opened in 2011, The Seaworks Maritime Museum has many exhibits including the First Fleet prison hulks, Melbourne Harbour Trust and the Colonial Navy. The Museum also includes an extensive library of Maritime books and a collection of ship photographs. Included in this excursion is a tour of the Williamstown Morgue which closed in 1925. The address of Seaworks Maritime Museum is 82 Nelson Place Williamstown. The museum is a short walk from the Williamstown Railway station. For those who would like to travel with Maria Ryan, meet at the Blackburn Station, before 9:00 am. Change trains at Southern Cross station for the Williamstown line. Some might choose to return to Southbank by the ferry on the Yarra

Please note that the museum is wheelchair friendly. Lunch together afterwards is optional.

25SS2901: Excursion: Chinese History Museum

One Day

Dates: 29/01/2025 - 29/01/2025

Wed 11:00am - 12:00noon

Fee: \$12.00

Guest Leader

Guest Leader: Sue Fraser. Located in the heart of Melbourne's Chinatown, the Museum's 5 floors showcase the heritage and culture of Australia's Chinese community. The Dragon Gallery houses the world's largest processional dragon. Please note that there is lift access to levels 1-3 from the ground floor, and stairs or ramp access to the basement. The address of the Museum is 22 Cohen Place, Melbourne. Please meet, at the Museum, 10 minutes before the tour commences. Lunch, with the group, afterwards is optional.

25SS2903: Excursion: Australian Tapestry Workshop

One Day

Dates: 29/01/2025 - 29/01/2025

Wed 11:00am - 1:00pm

Fee: \$10.00

Leader: Athalie Edis

Established in 1976, The Australian Tapestry Workshop is an international leader in contemporary tapestry, collaborating with a diverse range of International and Australian artists to produce exceptional hand woven works of art. The workshop is located at 262-266 Park Street Melbourne. Take tram number 1 from Flinders Street Station and get off at the corner of Park and Clarendon streets. The tram stop is 200 metres from the venue. Please meet at the Tapestry Workshop 10 minutes before the tour commences.

Lunch with the group afterwards is optional.

25SS3001: Excursion: Historical City Walk

One Day

Dates: 30/01/2025 - 30/01/2025

Thu 10:30am - 12:00noon

Guest Leader

Guest Leader: Lynne Huggins. Join Lynne for a free 'Walk and Talk' tour featuring some of Melbourne's iconic places such as The Block Arcade, ANZ Gothic Bank Museum and The Manchester Unity Building. Meet Lynne at the corner of Queen and Collins Streets (395 Collins Street) at 10:00am for a 10:30am start. The Tour will end at approximately 12 noon at Young and Jackson's Hotel where the group may like to have lunch together.

25SS3003: Excursion: Moorabbin Air Museum

One Day

Dates: 30/01/2025 - 30/01/2025

Thu 11:00am - 12:30pm

Fee: \$8.00

Leader: Terry Hart

Moorabbin Air Museum has one of the most significant collections of aircraft and engines in Australia. The collection also includes models, uniforms and many other artefacts associated with Australia's aviation history. The Museum is wheelchair friendly, with plenty of off street parking and is located at 12 First Street Moorabbin. Participants are responsible for their own transport, but please note there is no convenient public transport to the venue. Please meet 10 minutes before the tour commences. Lunch together afterwards is optional.

25SS3101: Excursion: Government House Tour

One Day

Dates: 31/01/2025 - 31/01/2025

Fri 9:30am - 11:30am

Leader: Valerie Donlon

A free guided tour of Victoria's heritage listed Government House State Apartments, including The Government House Kitchen Garden. Our Tour will be led by a senior member of staff from the Office of the Governor. Participants will learn about the historical and contemporary use of Government House and the role of the Governor. Please note: Group members will be required to provide photo ID at the Gate to be admitted to Government House. Visitors will be allowed to take photos during the tour but are not allowed to take videos. Please note that large bags and backpacks will not be permitted inside the main building and will be stored in a secure location within the grounds for the duration of the Tour. Participants will be contacted by Valerie nearer to the day of the visit with further information regarding protocols related to a visit to Government House.
